



October 2016

BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

HEALTH PROMOTION

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Women's Health

Women's Health

By: Seaman Martinez, Tristan
USNH Yokosuka OBGYN Clinic

Cervical cancer is one of the most common, and most preventable, cancers among women. With 12,000 new diagnoses of American women every year, keep reading to see what you can do to prevent cervical cancer.

Get your routine pap smear. Starting at the age of 21, women should have a pap smear completed every three years. After age 35, screening should be every five years. The purpose of a pap smear is to swab the cervix, analyze the cells, and determine if more screening is necessary.

Screen for HPV. Human Papillomavirus (HPV) is transmitted through genital contact, and should be a routine part of pap smears. When infected with a high-risk HPV infection that does not go away, HPV is known to cause cervical cancer. Smoking, having reduced immunity, taking birth control pills for more than five years, and having three or more kids are all also known ways to increase the risk of HPV. Ask your doctor when you should be screened.

Use condoms. Being monogamous and using condoms is the number one way to prevent HPV, and therefore, prevent cervical cancer. Because HPV is spread through genital contact, during vaginal, anal, and oral sex, protect yourself by always using a condom.

Have more questions about HPV and cervical cancer? Talk to your provider to find out more information.





Breast Health

How To Help

By: Ms. Kutistia Ragland

Mammography Department Supervisor, Fleet Activities Yokosuka

Ms. Kutistia Ragland, also known to many as Ms. K has an impressive 18+ years in the field of Mammography. She is USNH Yokosuka's Resident Expert and Supervisor of Mammography Dept. She has overseen the remodel and update of software of the Dept. to better serve it's patient's here in Yokosuka. As well as servicing Yokosuka the Mammography Dept. here at USNH provides services to its outlying clinics located in Iwakuni and Sasebo. The Naval Hospital has a dedicated Mobile Mammography Unit that travels to both locations quarterly providing mammography services to its DOD Beneficiaries and eligible civilian members. This service was implemented to provide more convenience and better compliance of patients to get their mammograms on a more routine basis.



Mammograms are a vital part in women's health. Speaking to the Supervisor of the Mammography Dept. Ms. Kutistia Ragland she gave some insight to some question's women have about this important part of women's health. Mammography governs itself by the ACR guidelines. While their recommendations are changing, the Old Rule Is Still The GOLDEN Rule, which means that women should start breast screenings at 40 years of age, or younger depending on family history or abnormal findings. For instance if you were to have a first degree relative like your mother who was diagnosed with breast cancer at age 44, then you should start receiving mammogram screenings 10 years preceding the age that your mother was diagnosed. There is no one answer that fits all in matters of the breast due to many mitigating factors, so if you are not sure ask. Your PCM is a great source of reference.

Ms. Ragland is a little old school when it comes to the controversy of self-breast exams. When asked should we or shouldn't we, she said, "If it's not broke, then why fix it!" Meaning she really believes that you the patient know



your breast and body. If there are physical changes occurring, you will more than likely be the first to notice it and bring it to the attention of your PCM. You, the patient have an active role in the fight against breast cancer and early detection. We can't do this alone, says Ms. K. Total breast care encompasses YOU (Self-Breast Exams), Doctor (Medical Breast Exams), and Mammography. We are not where we use to be in the fight against breast cancer and early detection, but our work is not done.

When asked are there other methods to be screened other than mammography Ms. Ragland expressed that there are other methods, but Mammography still exist as the Golden Standard for early detection. It can be coupled with other exams, such as ultrasounds, MRI's etc., but not replaced. Patients often say that mammography is not the most pleasant exam, but with the right technologist, proper instruction and genuine care the exam can be very pleasant. Ms. Ragland also expressed how important patient's roles in their own health care is the key to success. Knowledge is something that is very important in the process of mammography, the more you know the more comfortable you will be knowing what is going on, the process, and what can be expected. The Mammography Dept. at USNH Yokosuka is there to offer help and guidance to their patient's and want to be able to reduce the fears and stigmas that correlates with mammograms. Ms. Ragland expressed that if there any question's you could ask her and is willing to assist in any way she can from answering questions, to providing walk through's of the mammography dept. for those who are unfamiliar or curious of the process.

The Mammography Dept. is open Mon-Friday 0730-1600. A referral from your PCM is needed as we do not accept self-referrals. Most mammography exams at the hospital are scheduled, but walk-ins are permitted if time is available. Please make sure to contact Ms. Kutistia Ragland for any questions in the Radiology Dept. on the 1st floor of USNH Yokosuka.



Women's Sexual Health

Women's Sexual Health

By: Seaman Williams, Joseph

Preventive Medicine Dept., USNH Yokosuka

Sexually Transmitted Infection's (STI's) can affect women of all races, ages, and even if they might be pregnant or not. Women who could contract a STI can be asymptomatic meaning they show no signs or symptoms towards a certain infection. Examples: Chlamydia, Gonorrhea, or Syphilis are some infections that could go on for days to even weeks without showing any sign of you having been infected and if you were to become pregnant and it go unnoticed it could then affect your child when they are born.

COMMON STI's among women: NOT ALL STI'S ARE CURABLE SO PROTECT YOURSELF!

- **HPV:** HPV is an infection that can affect both men and women through skin-to-skin contact during sexual activity. HPV is more common in teen's to young adults in their 20's. It can cause Genital warts and even lead to cervical cancer. Each year, about 12,000 women are diagnosed with cervical cancer and 4,000 women die from the disease in the U.S. alone. GET VACCINATED!

- **CHLAMYDIA:** Chlamydia is one of the most reported STI's in the U.S. It can affect both men and women through vaginal, anal and even oral sex. You can still contract chlamydia even if your partner does not ejaculate and you can pass this disease on to your child through birth. Having Chlamydia can also cause your birth to come earlier. Some sign and symptoms: abnormal discharge and a burning sensation during urination.

- **Gonorrhea:** Gonorrhea is a sexually transmitted infection that can infect both men and women through vaginal, anal, and even oral sex. It is a very common infection, especially among young people ages 15-24 years. You can still contract chlamydia even if your partner does not ejaculate and you can pass

this disease on to your child through birth. Having Chlamydia can also cause your birth to come earlier. Some signs and symptoms: Painful or burning sensation when urinating, Increased vaginal discharge, Vaginal bleeding between periods.

NOTE: Getting tested can help prevent further health complications.

PROTECTION FROM STI's: If you are going to be sexually active PROTECT YOURSELF! These do not prevent STI's but they can help protect you!

- Vaccination: For HPV and Hepatitis
- Use prophylaxis: Male and Female condoms.
- Monogamous relationship
- If you are a sexually active woman younger than 25 years, or an older woman with risk factors such as new or multiple sex partners, or a sex partner who has a sexually transmitted infection, you should get annual STI check up's.

**Women's
SEXUAL
HEALTH**



Upcoming Events

➡ October 13th Lady's Luncheon By USO



➡ November 14th at 1300-1500 Diabetes Management



➡ November 17th Great American Smokeout

➡ November 18th Information Walk By USNH Yokosuka Dietitians





U.S. NAVAL HOSPITAL YOKOSUKA
HERE TO SERVE WITH CARE

ShipShape 2016 Cycle 2

Begins: October 5, 2016

First Time: 1100 - 1230

Second Time: 1430 – 1600

Available free to ALL Tricare beneficiaries. Health and Lifestyle 8 week course. Every Wednesday from October 5, 2016 to November 23, 2016. To receive a certificate, you are only allowed to be absent 2 sessions.

There are two parts for each class first being the lesson and the second a 30 minute PT. If you would like to sign-up or have any questions, please contact the Health Promotion Office.

USNH Yokosuka's Health Promotion

DSN: 243-9776/9780

Commercial: 046-816-9776



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HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotions
HP@med.navy.mil

Tobacco Cessation and Prevention Classes Available!

These classes consist of facilitator led sessions discussing nicotine addiction and how tobacco users can direct their own path to quit and stay quit. Health Promotion has new Tobacco Cessation class options. We are located at the Fleet Rec Center, Rm 323.

Contact Health Promotion to schedule your spot in a class today!
Call or email us at 243-9776 / 046-816-9776 HP@med.navy.mil

Course Information

There are 2 options:

- 1) 4 class sessions over 2 weeks
- 2) Fast-Trak Accelerated classes have 2 classes in one week.

Session 1: Understand why you use tobacco products and how they affect you and those around you.

Session 2: Mastering the first few days of quitting.

Session 3: Mastering OBSTACLES of quitting.

Session 4: Enjoy staying quit!

Understanding Session 1	First Days Session 2	Obstacles Session 3	Tobacco Free! Session 4
1st Tuesdays 0700-0800	1st Thursdays 0700-0800	2nd Tuesdays 0700-0800	2nd Thursdays 0700-0800
1st Tuesdays 1300-1400	1st Thursdays 1300-1400	2nd Tuesdays 1300-1400	2nd Thursdays 1300-1400
1st Tuesdays 1700-1800	1st Thursdays 1700-1800	2nd Tuesdays 1700-1800	2nd Thursdays 1700-1800
Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830





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Health Promotion
HP@med.navy.mil

October 2016

Women's Health Month

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
	HFA 1000-1200 & 1300-1500	HFA 1000-1200 TOB CESS & PREV (Session 1) 0700-0800, 1300-1400, 1700-1800	HFA 1000-1200 & 1300-1500	HFA 1000-1200 & 1300-1500 TOB CESS & PREV (Session 2) 0700-0800, 1300-1400, 1700-1800	Breast Cancer Walk – 1100 USNH Quarter Deck	
9	10	11	12	13	14	15
	HFA 1000-1200 & 1300-1500	HFA 1000-1200 & 1300-1500 TOB CESS & PREV (Session 3) 0700-0800, 1300-1400, 1700-1800	HFA 1000-1200 & 1300-1500	HFA 1000-1200 & 1300-1500 TOB CESS & PREV (Session 4) 0700-0800, 1300-1400, 1700-1800 Lady's Luncheon – USO Event		
16	17	18	19	20	21	22
	HFA 1000-1200 & 1300-1500	HFA 1000-1200 & 1300-1500 TOB CESS & PREV (Session 1&2 Fast Track) 1700-1830	HFA 1000-1200 & 1300-1500	HFA 1000-1200 & 1300-1500 TOB CESS & PREV (Session 3&4 Fast Track) 1700-1830		
23/30	24/31	25	26	27	28	29
	HFA 1000-1200 & 1300-1500	HFA 1000-1200 & 1300-1500 TOB CESS & PREV (Session 1&2 Fast Track) 1700-1830	HFA 1000-1200 & 1300-1500	HFA 1000-1200 & 1300-1500 TOB CESS & PREV (Session 3&4 Fast Track) 1700-1830		

HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment! **BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN.**

USNH HEALTH PROMOTION

Fleet Rec Center, Rm 323
243-9776 / 046-816-9776 /
HP@med.navy.mil

TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!



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Health Promotion Services

- Nutrition
- Tobacco Cessation
- Health Fitness Assessment

- Weight Management
- Preventive Health Outreaches

Courses We Offer

- ShipShape Program
- Crews In To Shape
- Anchors Aweigh Lifestyle Support Group

Fleet Rec Center 3rd Floor Rm. 323, 243-9776/046-816-9776 or
HP@med.navy.mil



Meet The Staff



From left to right: Mrs. Mary Cobb (Secretary), LT Daniel Crouch, PO2 Napoleon Paraja, PO3 Prince Delyons (Health Tech.), PO1 Andreas Raigoza (LPO), Mrs. Ivette Moore (Health Promotion Director)